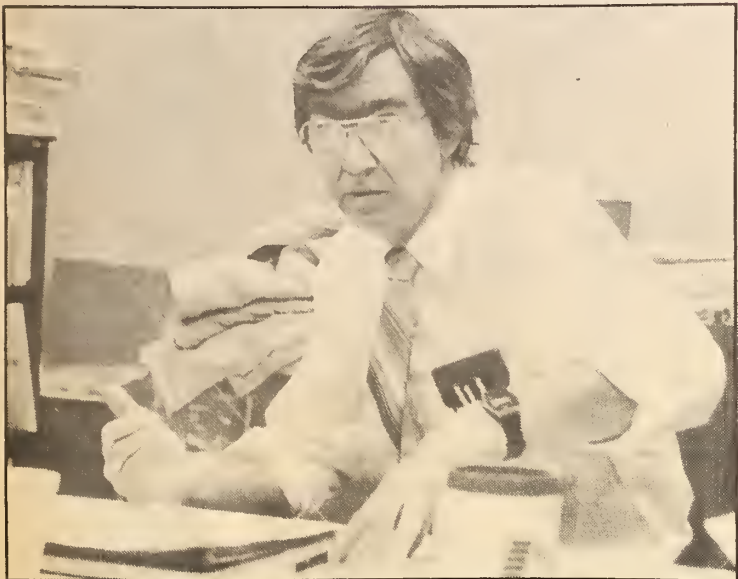


## Parking, security changes possible next year

By Bill Doucet



Dave Putt explains the college policy on parking to John Lassell during the parking committee meeting. (Photo by Bill Doucet)

The college's parking committee raised several concerns in a meeting Nov. 13 and they are going to be examined, said David Putt, director of physical resources.

John Lassell, president of the DSA, asked Putt for the meeting so they could discuss ongoing concerns at the college. Some of the concerns included: the parking fee increase (\$60 to approximately \$90), parking fees for daily permit buyers, parking fees for summer months, parking charges for nursing students, more security at night and more lighting in the parking lots — especially the new between the pond and the recreation centre.

Besides Lassell, Peter Dooley, a member of the board directors, Brenda Dooley, second-year early childhood education, Kim McLeod, Stephanie Lancar and Grace-Ann Kocps, all three second-year

nursing, attended.

The nursing students are at the college for only four days and then they have to pay for parking at their hospital work placement. McLeod said she has to pay \$112 at the hospital, on top of the \$94 for the permit.

Early childhood education students are at the college for two days and are off campus for two weeks, yet they have to pay the \$94 for a permit.

Putt said he may have to look into the possibility of identifying certain programs and coming up with a changed scale for these programs. Paying a percentage of the cost of the permits may be the answer.

Lassell said he met with college President John Tibbitts on Oct. 1 to discuss the same issue, but nothing was done.

"Maybe it's a stalling tactic, I don't know. When these people (students) are gone, you don't have to worry about it," he said.

Another concern was the lack of security at night. Lassell said people shouldn't come to school and feel unsafe. It gets dark earlier and there aren't any lights on the path through the woods. He also said there are two security guards on duty but they are hard to find. They are also reluctant to walk a woman out to her car.

Dodley said he has seen the security guards wandering inside the college when they should be helping students get to their cars safely.

"Guards should stop worrying about people playing video games at night in computer rooms and go outside and do their jobs," he said. "What's more important, property security or people security."

Putt said he may suggest that the college employ an escort service to bring women to their cars safely. The guards have to stay in the college in case the fire alarm goes off.

See Students page 4

## Nelson-French wins board position

By John Volmers

Betty Nelson-French will be representing faculty on Conestoga's board of governors, after gaining 60 per cent of the votes cast in the two-candidate election, held during Nov. 13, 14, and 15.

Nelson-French has been with the college since 1969 and has held a number of positions, including teacher, registrar and chairperson.

In 1970, she created a learning lab to help illiterate adults. She also became chair of the learning co-ordination division in 1971.

Before coming to Conestoga, Nelson-French taught at the elementary and high school levels. She now teaches general electives at the Doon campus.



Board of governors faculty representative Betty Nelson-French.

(Photo by John Volmers)

Faculty member Steve Garbatt, who ran against Nelson-French in the election, agrees that the new bill probably had something to do with the increased turnout.

"I'm sure a lot of faculty saw this representation as a much more important position than it was before," Garbatt said.

Garbatt added that the high turnout could be because of the "aggressive attempts to get votes."

"It was an exciting election, I enjoyed it. I think it's important to the college to get this type of hyped activity going on," he concluded.

The first thing Nelson-French plans to in her position is express her thanks to the people who voted and became involved with the election.

"An election, rather than an acclamation, gives the successful candidate confidence in the support of the constituency."

Nelson-French also wants to find away to create more interest among the teachers who are working in the evenings. She feels that because they are not at the campus during the day, they miss a lot of things that are going on.

## Activities assistant leaves DSA post



Steve Roth, former assistant activities co-ordinator.

(Photo by Karen Neath)

By Karen Neath

Steve Roth has resigned as the DSA's assistant activities co-ordinator.

Roth wrote a letter requesting a leave of absence which was received Nov. 6 by activities co-ordinator Cheryl Davenport.

"He thought he would be back at the beginning of January but nothing was specific. In his letter he said he would understand if we were to replace him temporarily or permanently," said Davenport.

Davenport said Roth's reasons were personal, but did say he had taken on too much. Roth said it was not a matter of failing grades.

"I was really trying hard with the DSA, too hard. It got to the point that I was so frustrated I needed to get out."

Roth felt that a few members of the DSA executive were doing a bad job, however, he was reluctant to give names.

"The DSA just isn't working as a

team and they have been brainwashed. They aren't doing the job they want to do, they are doing the job someone else wants them to," he said.

There are no hard feelings between Roth and Davenport. Roth praised Davenport's efforts on behalf of the DSA. Davenport said she was grateful to Roth for backing out before his work suffered.

Roth is going to be replaced by an activities team. The idea has been around for a while and the vacancy left by Roth has given Davenport the opportunity to test it for the rest of the year.

The team will consist of three students, two of the positions have been filled. Christine Rodway, broadcasting-radio and television, and Dave Laughlin, marketing, took over duties last week.

"I don't think I hate the DSA, it's important to have a student-run organization. It was just getting to be too much," Roth said. "I just had to focus either on my program or DSA."



## SPOKE

Editor: Sarah Bowers  
 Associate Editor: Bill Doucet  
 Production Manager: Andy Dugan  
 Advertising Manager: Karen Morrison  
 Circulation Manager: Marianne Brooks  
 Staff: P. Hohnholz Gesiarz, Karen Neath, John Volmers  
 Contributors: Mike Stumpf

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## A jab at scabs

By Marianne Brooks

I am not a scab and I will never be one.

This comment comes following a recent story in the Kitchener-Waterloo Record. The piece headlined: Record union charges 'scab' bid, outlines how the paper, now facing the possibility of a strike by photographers and reporters, may use Conestoga College journalism students to help publish.

The matter came to a head when a notice posted at the college, commented on possible courses of action journalism students might take if work at the paper became available.

I have two problems with being a scab for the Record.

My first problem is with the term scab itself. The second problem is working behind the backs of fellow journalists. I feel this is immoral and uncalled for. We should stick behind them and support their cause.

No one likes a scab and I don't intend to start my career by being one.

Many feel that being published in the Record is an honor for a cub reporter. And it is. But having the respect of your fellow journalists is an honor beyond any the Record (or any other paper) could offer.

The memo to journalism students about the possibilities of work at the Record should not have been posted. Journalism teacher Jerry Frank, the person who put it up, should have been looking out for the students' credibility.

In class, we always talk about ethics in the workplace, yet this act was most unethical.

To the Record: Take another look at your story. Maybe you should attempt reporting all sides of the situation. How fair and objective can a story be when it's written by staff reporters about a conflict in which they're directly and emotionally involved.

The Record story makes me feel inadequate as a journalist. Surely our program wants to promote its students as professional and ethical, instead we come off looking like mercenaries.

Do our journalism teachers and the Record feel we are only adequate as scabs?

To the rest of the students in the program, I only hope that you realize that we have to be professional at all times, but especially when others in the reporting field are in a possible strike position.

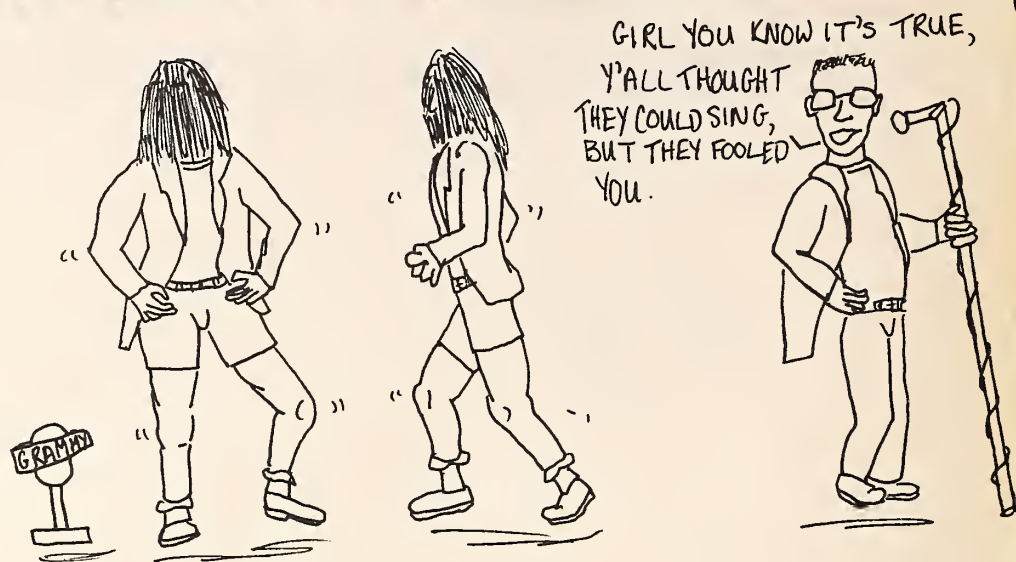
Obviously, I take my role in the profession more seriously than the Record seems willing to give me and my fellow students credit for.

## Spoke welcomes letters to the editor

If you have a beef or an opinion to express, drop us a line at  
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Opinion cartoons are welcome if in black and white and will fit a 15 1/2 X 8 1/2 cm space. Please leave your name with your piece.

## OPINION



THE GREAT MILLI VANILLI FRAUD

BD.

## Don't forget about the past

The turnout for the Remembrance Day tree planting ceremony at Doon campus was extremely disappointing for those who planned it and for the people who attended.

There were about 12 at the noon event. Eleven of the dozen were friends of the speaker Jamie Slater (a DSA official). They were there to support him and as it turned out, they were the main part of the crowd.

On Remembrance Day, everyone should take a few moments to remember those who died in the great wars.

Think of all the sons, husbands, boyfriends, fathers and brothers who were killed. Think of your own male relatives and friends. Would you want future generations to forget about them if they died in a war?

When people forget, history tends to repeat itself. With another war on the verge of being started, Canadians should look back to 1914 and 1939 and see the damage done. Maybe this could help us from getting involved another one. World War Three could be just around the corner.

-By Karen Morrison

## Bill C-43 sets a dangerous precedent

Bill C-43, the proposed abortion bill, must not be allowed to pass.

The bill will regulate and limit a women's freedom of conscience and security of person in deciding whether or not to continue her pregnancy.

By putting abortion back into the federal criminal code the Mulroney government will overrule and undermine the Supreme Court justice system in Canada by overriding their decision based on the Constitution.

Furthermore, many women in Canada will be forced into seeking backstreet abortions with questionable clinical methods. The result will be an increase in deaths and maiming of women.

The system that will be needed to enforce and prosecute women and doctors will be financially staggering and dangerous with respect to civil liberties.

Beyond these reasons lie the fact that the government will have set precedent for further legislation on morality that will coincide with its overall conservative agenda of proprietorial rights.

What the Canadian government will exhibit to the international community with Bill C-43, is a basic lack of respect and trust in women to make wise and mature decisions for themselves.

We can not stand by and allow this government-sanctioned assault on women's bodies.

The message the government is illustrating to the community is contradictory to women as "persons" under the law.

How can we respect a law that does not respect existing persons?

-By P. Hohnholz Gesiarz

## Lindros is this season's best pick

This could be the year that teams in the National Hockey League wouldn't mind wallowing in mediocrity.

The pool for Eric Lindros is heating up and it's only November. Lindros, a center for the Oshawa Generals in the Ontario Hockey League, is the most talented hockey player to come along since Mario Lemieux. He's on a pace to score at least 50 goals this season and it's only his sophomore year.

Lindros is eligible to be drafted in 1991/1992. There is no question that he will be the number one pick because he is the most publicized (besides talented) junior hockey player. The list of the eligible players is thin talent wise and so everyone will want Lindros. The only problem with that is the team must finish last overall (which everyone knows).

By the looks of things, the Edmonton Oilers won't get Lindros. Their horrible start is starting to disappear

and with Mark Messier back from a knee injury, the defending Stanley Cup champions are playing like winners again.

The Toronto Maple Leafs, well, they've always been bad. The Leafs may start to play entertaining hockey again, but they won't amount to much. The Leafs have nothing to gain from finishing last, but the New Jersey Devils are praying that Toronto plays brutal hockey. The Leafs traded away their first round draft choice for Tom Kurvers in 1988.

San Jose, next year's expansion team, automatically gets the second pick overall. So unless a team makes a really bad pick, they won't get Lindros either.

Maybe Quebec can get first pick again. But this raises a serious question. Would someone throw a game at the end of the season just to get a precious commodity like Lindros?

-By Bill Doucet



# You tell us

Who is your favorite New Kid On The Block?



Oh, good God! I think they are all pretty hot. I guess my favorite is Joe. I think Joe is pretty preppy.  
Christine Rodway  
Third-year broadcast radio and television

I think they are a bunch of play-dough dolls. Their Hamilton concert wasn't even live, it was taped.  
Dan Scott  
First-year law and security administration



Who is my favorite New Kid On The Block? I guess Donny, because I have a friend who looks something like him.  
Matt Vautaur  
First-year electrical engineering technology

Whichever one dies first.  
Bruce Gray  
First-year broadcasting — radio and television



Oh God! I don't even know. Leave the poor guys alone.  
Mike Malak  
Second-year early childhood education

I don't know. I hate them all, but Donny is OK.  
Tonia Lussa  
First-year general arts and science



## Letters to the editor

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Opinion cartoons are welcome if in black and white and will fit a 15 1/2 X 8 1/2 cm space. Please leave your name with your piece.

### Correction

In the last issue of Spoke (Nov. 19, Vol.21, No.35) it was incorrectly reported in the article "Lynne Woolstencroft: Confessions of a Tree Hugger" that Woolstencroft said that the recy-

cling program was nonsense. The quote refers to the previous recycling program. The story was written before the institution of the current recycling program and Spoke failed to update the article. Spoke regrets the error.

## Letters to the editor

### Sexual assault serious crime of violence

I would like to take this opportunity to thank SPOKE for its support and coverage of the Date\Acquaintance Rape Awareness Week.

Your article "Counsellors Provide Support to Victims" (Monday Nov. 12), highlights well the counsellor's role. I do want however, to correct the last statement made in the article which implies

the best way to avoid getting sexually assaulted is to say no.

Of course, it is important for women to give clear messages while dating. However, sexual assault is an act of violence and an act of power and often happens despite clear messages.

To end the article in this way implies that the responsibility for sexual assault is with the in-

dividual who has been assaulted. The responsibility exists on the perpetrator and on a society to recognize that sexual assault is a serious crime and must be treated as such.

Counsellors at all campuses are available as resources for students.

Carol Gregory, Counsellor  
Doon Student Services.

### Society dissatisfied with coverage

Dear Editor,

I, as the chair of the student chapter of the Society of Manufacturing Engineers, am concerned about what we perceive to be a lack of press coverage on SME events.

On Monday, Oct. 15, 1990, there was a photograph with a caption published on the front page of the SPOKE. This was an activity organized by the SME, yet there was no mention of the SME in the caption.

On Oct. 4, 1990, a reporter

from the SPOKE was invited to attend an important SME senior chapter meeting at Berkley Tavern in Kitchener. We offered to cover the cost of the reporter's evening from the student chapter's fund. You gave every indication that a reporter would attend.

We were quite disappointed when we realized our reporter was not going to be there, especially when special arrangements were made to accommodate him.

If a reporter was unable to at-

tend or the topic was not suitable for publication in the SPOKE we would have appreciated being informed before arrangements were made.

This also happened last year when the same events took place.

Perhaps we misunderstood the criteria for what would be suitable for publication in the SPOKE because it is a college newspaper.

Yours truly,  
Donna Jackson  
Student Chairman



## Upcoming Events

- |            |   |
|------------|---|
| Nov. 26-30 | Cancun, Mexico Scavenger Hunt   |
| Nov. 26-30 | Creative Quality Design Art Sale & Exhibit  |
| Nov. 26-28 | You still have a chance to buy your Doon Coffee mug in the DSA Activities Office — <u>only \$1.50</u> Chance to win a trip to the Quebec Winter Carnival. |
| Nov. 28    | Free Nooner with Mike Carbone   |
| Nov. 28    | Draw for trip to Quebec Winter Carnival approx 12:15 p.m. in the caf. Bring your lucky trip card.   |
| Nov. 30    | -Last day to sign up for Montreal trip!<br>Balance payments due<br>-Deadline for Cancun scavenger hunt.   |
| Dec. 3-7   | Christmas Theme Week  |
| Dec. 4     | Mini Pub  |
| Dec. 7     | Quebec Winter Carnival Trip Deadline  |



# Student parking concerns examined

continued from page 1

The issue that brought the most discussion was the increased price of permits. Lassel and Peter Dooley agreed that the 50 per cent price increase was too steep for one year. Putt said the increase was necessary to cover the cost of resurfacing lot 4 and making lot 5. Brighter lights were installed in the parking lots and a new ticket dispenser was purchased.

Putt said the money had to come from somewhere because the government wasn't supplying funds.

"It's like the GST. No one wants to pay it, but we have to or it comes out of the general fund," he said. "That would mean less staff, activities and classroom (fixing)."

Putt added, "Believe me people, that's not cheap. That's bloody expensive."

The total cost for all the repairs was \$243,000.

Lassel said the students presently at the college shouldn't have to pay for the lack of increases in the past. Putt said if the price of permits was increased by an annual percentage (since they started paying parking in 1985), people would have to pay approximately \$86 anyway. But the people last year only had to pay \$60 instead of \$80, if there was an annual increase.

Putt said that in the next two years, money will be needed to "relight the campus" and pave lot 5.

New lights on the campus would be the first priority. He said it was a possibility that lights might be put

on the sidewalk leading from the campus to the arena and on the path in the woods leading to lot 2.

Putting in new lights and paving lot 5 will cost \$100,000 each, according to Putt. Also the wires for the lights are 12 to 15 years old and may have to be replaced, that would cost approximately \$11,000 for each one.

Lassel said the student government wasn't consulted on the increase in permit prices and he wants them to be involved in the discussions on those subjects. He said the DSA is the one the students come to with their problems so there should be communication between administration and the student government. He said the board of directors are upset at the lack of communication and may take "radical actions" to insure communication.

Lassel also wanted to know why students have to pay for parking in the summer when they aren't here. He said last year there was a \$60 decal for parking from September to August.

Putt said the administration just wanted to "cover the whole board" with one permit.

Putt said nothing could be done this year because there isn't any more money, but he will work to solve the problems for next year.

The parking committee met on Nov. 19 to plan a follow up discussion with Tibbits and Bill Cleminson, director of student services.

"They should provide a reasonable service at a reasonable cost," Lassel said.

# Management society offers opportunities

By Karen Morrison

The Administrative Management Society (AMS) offers monthly meetings where business students can meet people who are important in the business world.

Conestoga College's AMS offers business students a chance to work with new people and be recognized by the business community. This recognition often leads to jobs and a chance to discover more about a particular field before entering it.

Most of the members are from Doon campus, according to Jeffrey Nold, AMS college chapter president. The distance to Guelph and Waterloo campuses seems to discourage business students from those campuses from joining, he said.

There are currently 48 members. The college AMS is in the Grand Valley Chapter that includes Kitchener, Waterloo, Cambridge, Tillsonburg, Guelph and all the areas between. There are senior chapters (with 70 members) in the Grand Valley Chapter. Events include tours of companies like Bright's winery, Labatt's, the Ford plant in Oakville, Carling O'Keefe, Queen's Park and the Toronto Stock Exchange.



Jeffrey Nold


Last year, AMS members went to New York on a visit with the Concordia College (Montreal) chapter.

Members have their names and resumes published in the AMS newsletters which are sent to senior members. This lets the companies know who's looking for jobs.

"Senior members are more likely to hire someone they know," said Nold.


Students are offered a shadow day where they can follow executives around on a typical business day. Nold said this helps the members get a better idea of what they want to do.

The membership fee is \$30 and the group is non-profit.



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Harry Stemp speaks to journalism students at the annual awards banquet.

(Photo by Karen Morrison)

# Large crowd turns out for journalism awards banquet

By Karen Morrison

Conestoga College's 1990 Journalism program awards banquet held Thursday, Nov. 15, drew a large crowd of students, administration, faculty, alumni, and media representatives from several area publications.

Guest speaker Harry Stemp, executive director of the Ontario Community Newspapers Association, kept the crowd of about 90 amused relating anecdotes about his early years in community newspapers.

Stemp said the most important thing to remember is that that suc-

cess in journalism is about 15 per cent aptitude and 85 per cent attitude.

Receiving honors were: John Reutz, (Allied Media Services Award for the best comprehensive journalism project); Andy Dugan, (Faculty Award for the best writer in Semester 1, 2 or 3); Jana Faulhafer, (Guelph Mercury Award for best news story) and Penny Dibben, (Ross Weichel Award for best editorial or opinion piece). Reutz and Scott Brady received honorable mentions in this categorie.

The Edward J. Hayes Award (best feature story) went to Brian

Broderon, with honorable mention to Bill Doucet. Jana Faulhafer, (Stratford Beacon Herald Award for best arts/entertainment story). Peter Gesiarz, (Hattie Musclow Memorial Award for the best writer in the program). Broderon and Faulhafer tied for The Kitchener-Waterloo Record Award for journalist of the year; and Gesiarz, (Southern Ontario Newspaper Guild Memorial Award for the best scholastic record).

The Fairway Group photo awards' normally given for the program's best news and feature shots were not presented this year.

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The Graduates of The Insurance Institute of Canada.



Meet the DSA

Part of a continuing series on the DSA executive

Godin wanted more involvement with school



Michelle Godin, DSA.  
By Sarah Bowers

(Photo by Sarah Bowers)

Michelle Godin has participated in women's championship fastball team for the past two years, women's broomball team, ringette and plans on playing indoor soccer when it starts later this fall. But she wanted to get even more involved in school life, so she's now the Doon Student Association's assistant activities co-ordinator.

The second-year Conestoga nursing student attended Bluevale collegiate in Kitchener before enrolling in the three-year program. She says she has been taking it easy since she was involved in a car accident during Oktoberfest. Godin was hit by a drunk driver.

She says she applied for the position last spring and was given the

responsibility in April.

"We spent the summer putting together orientation kits," said Godin, who had no previous experience with the DSA.

Her tasks include helping activities co-ordinator Cheryl Davenport by planning things such as prizes that are handed out at pubs and promoting trips such as the upcoming New Year's Eve in Montreal, Quebec Winter Carnival and the Cancun spring break trip.

Godin also designs posters announcing various DSA activities. She says she usually makes on a day when she makes her daily stop at the office.

There is a DSA meeting once a week to discuss what will be done each week so Godin's tasks vary from week to week.

DSA planning fund raiser for special needs elevator

By Karen Neath

The Doon Student Association is beginning to plan fundraising events for the building of the new special needs elevator in the Doon Centre.

The new elevator will take the place of the freight elevator presently used by students with special needs.

Although the DSA couldn't give a definite date, they will be launching a six-month fundraising project sometime in the new year. The money raised for the elevator will help to alleviate the estimated \$250,000 cost.

Funding will also come from the college and the community. The DSA estimated the student funding will reach \$50,000 over three years, the college will fund \$60,000. The rest will come from the community.

These figures are part of a capital development fund the DSA will be initiating.

The development fund's first project will be the elevator followed by the proposed student centre.

Activities co-ordinator Cheryl Davenport said the DSA is going to try to incorporate some of the already planned activities with the project.



Dan Scott, left, LASA, yr 1, and Jim Cook, LASA, yr 1, help Tara Duthie, LASA, yr 2, use the freight elevator special needs students are forced to use to move from floor to floor. (Photo by Karen Neath)

"The people involved in the polar plunge (Winter Carnival week) have always jumped in the pond for the sake of jumping in. This year we are thinking about giving them pledge sheets."

Davenport said the fund raising

has already started with the proceeds from the orientation kits going to the special needs elevator.

"There isn't a figure available right now because there are still 50 kits left," she said.

Letters to the editor

We appreciate letters to the editor, but reserve the right to edit them to meet space requirements and to remove any libelous statements. Please limit letters to no more than 300 words and sign with your name and program so we may check for authenticity.

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### Clearance

Jamie Slater, DSA secretary, and Christine Rodway, DSA activities team try to sell off the last of the orientation shirts.

(Photo by Karen Neath)

## Review

# Baerwald lyrics slow and mellow

By Karen Neath

If the haunting lyrics and dark melodies of David Baerwald's first solo effort, *Bedtime Stories*, is any indication of things to come, Baerwald will have a long solo career.

The first single release, *All For You* is a hard-hitting ballad about a young English couple who come to America to find their fortune. Instead they find hard times. The wife finds another man and the

husband gets involved in illegal activities.

Baerwald, who is one half of the former group David & David, has a sound that crosses between Tom Cochrane and Robbie Robertson with better lyrics.

The second song on the first side of the album has possibly the best example of intellectual lyrics. The song is called *The Good Times* and the lyrics describe everything that makes life harder.

"I don't know nothing at all except that there is no single saving grace, no miracle cures, no resting place, I look in the mirror I see a stranger's face."

The album is slow and mellow. There are only two songs that could be considered uplifting, *Dance*, and *The Best Inside You*.

This is an album to listen to on a quiet, dreary winter night, curled up beside a fire and the one you love.

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# The Flatliner

Union Man What does B.D. really stand for? Disgusted	S.B.: You look mighty cute in those jeans. But you'd look even better in mine. Grape-butt.	Steve Roth Come back, we love you! Journalism 4
Cat I know you'll have a good Christmas! Take pictures. Stitch	Mike: Who will be the next victim on Twin Peaks? Hank? The Owl.	To the Anarchists Spoke rules! The writers kill, can you? The Group of Seven
Michelle in ECE: You're not becoming maternal, are you? We could arrange something if you are. Dr. Feelgood.	Mare: It better not be contagious! The Hippie.	Scabs It's our paper too. TheRecord Man
Ruetzman I love you. Phone me sometime. BD	To the blonde in LASA: Are those real? The Breastmaster.	Donnie II New Kids on the Block are so hot. They make me feel so boss. Tiff
Juice I won't kick you out for eating crackers in my bed. MB	Cindy: The way you swing those hips just makes me twitch. The Lambada Enchilada.	Meat How did you get your nickname? The Meat Grinder
Love Boat '77, where are you? Your hedge-hog friend	BD I don't want you BD, I'd rather have the Stratford Streaker. Need some gas? Reutzman	Joker What's black and blue and goes 100 m.p.h.? A nun in a blender The demi-god

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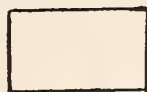
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\_\_\_\_\_

Contact Person(Phone #):. \_\_\_\_\_

Program(s): \_\_\_\_\_  
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# Convoca



Peter Higgins, housekeeping staff, cleans up leaves and other debris from the gutters at the Doon Campus.

(Photo by Sarah Bowers)



Convocation speaker, Norman Gamble, addresses the crowd.

(Photo by P. Hohnholz Gesiarz)

**By P. Hohnholz Gesiarz**

Conestoga College's 22nd Convocation ceremonies took place Nov. 17 at the Kenneth E. Hunter Recreation Centre.

Approximately 320 out of 700 graduating students attended the ceremony, with an audience of 650 friends and family.

The largest contingent of graduating students came from the nursing program. Students received certificates for the home support program, the nursing assistants program and diplomas for nursing.

Other divisions present included applied arts, engineering, business, trades and apprenticeship and the centre for continuous learning.

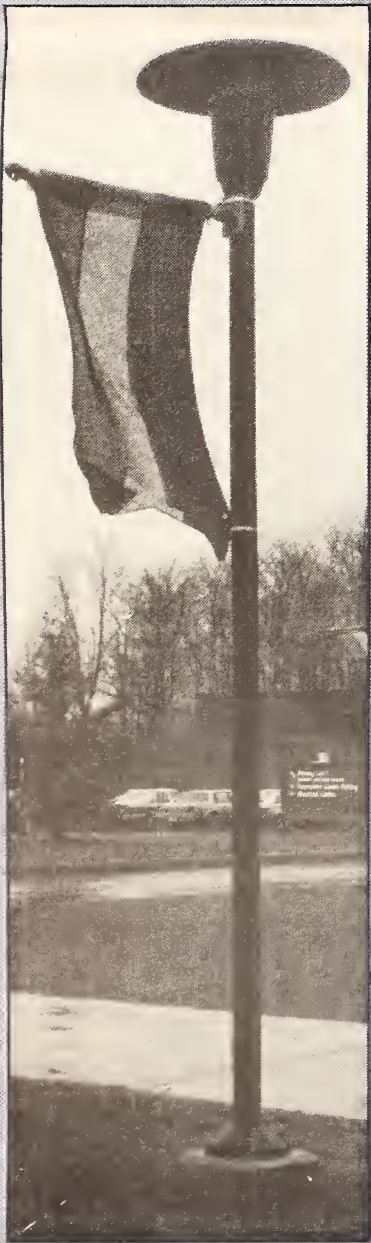
Each graduating student was presented with a liripipe in addition to their diploma or certificate.

The liripipe, a band of red velvet, represents the recognition of an individual sufficiently prepared to take a working position in society.

Norman Gamble, the Administrative Officer of Grey

County, was the guest speaker for this convocation. Before his speech, Gamble was awarded the Conestoga College Shield for career achievement, community service and embodiment of the college's spirit.

Gamble worked for the city of Cambridge in various administrative positions from 1973 to 1990. He graduated from Conestoga College with a diploma in recreation leadership. He also holds a degree in public administration from University of Western Ontario.



Light standards were adorned with red, gold and blue flags.

(Photo by Sarah Bowers)



The 22nd convocation at the Recreation Centre.

(Photo by P. Hohnholz Gesiarz)



# tion 1990



Josephine Villamil and her niece, Chantel Cordon, are all smiles after she received her nursing diploma.  
(Photo by P. Hohnholz Gesiarz)



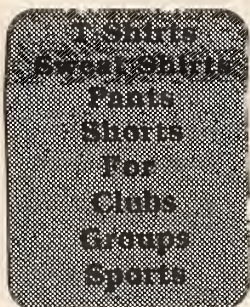
William Jeffery, dean of health science, presents diploma to Debra Jantzi, Nursing Assistant Graduate  
(Photo by P. Hohnholz Gesiarz)

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# No college confusion about effect of GST on students

By P. Hohnholz Gesiarz

Despite the political confusion on the goods and services tax in the Senate, there is no confusion on how the tax will affect students at Conestoga College, according to Donna Ackerlund, manager of college accounting.

Referring to a student brochure on the GST, produced by the federal government, and drawing on several conferences sponsored by the Council of Canadian University Business Affairs, Ackerlund said that the GST does not apply to tuition, student services, scholarship or loans for programs leading to a degree, diploma, license, or certificate.

Most programs given at Conestoga College will be exempted from the GST, including the teaching of English as a second-language, even if the courses do not lead towards a diploma.

The only exceptions are some recreational courses given in the continuous learning program.

Other items exempt from the GST that might be of interest to students, according to Ackerlund, are residential rents and basic groceries.

Books, textbooks, and stationary supplies will be taxed.

Two items that are waiting for a ruling from Revenue Canada on whether the GST is applicable are locker fees and charges for transcripts.

According to Ackerlund, the contentious tax on Conestoga's parking permits is legal. The GST is only being charged for the months of January to August. It is being collected now because the federal government set Sept. 1 as the arbitrary date for collecting the tax for pre-paid services provided in the new year.

Those who purchased the permits before Sept. 1 did not have to pay the GST on any part of the permit.

As part of the GST proposal, a credit will be available to Canadians with low or modest incomes.

According to Revenue Canada, most students aged 19 or over are eligible to receive a quarterly GST credit cheque. The credit does not depend on whether the students live away from home.

Students under 19 are also eligible if they are married or are parents.

The maximum annual GST credit has been set at \$190 for a single individual with an income of \$6,000 or less. A individual with an income between \$6,000 and \$10,000 would receive a maximum amount of \$267.

Individuals who have not applied for the GST credit and who qualify, can still apply.

To become eligible, individuals must file an income tax return for last year and fill out a GST credit application form. The application, however, will be too late to receive the first credit payment given out in December.

Ackerlund said she does not know how the GST will effect the overall financial situation of Conestoga College because she has to wait and see if the college's suppliers pass on the savings they receive from the elimination of the old federal manufacturer's tax.

Ackerlund has been designated the college's expert on the GST because she heads the department that makes up the system that collects taxes within the college.

The GST is a seven per cent tax on most goods and services sold in Canada and replaces an existing 13 per cent federal manufacturing tax on selected items.

## Review

### Mr Destiny attempts answers

By Mike Stumpf

Throughout the history of film, Hollywood has repeatedly attempted to answer the eternal question: "If I had made different choices in the course of my life, how might it be different now? Where would I be? Who would I be?"

No film captured this idea better than Frank Capra's *It's A Wonderful Life*, released nearly 40 years ago.

The gentle story of a suicidal man shown what life would have been like if he was never born, is now considered one of the finest films ever made.

Mr. Destiny, a new film starring James Belushi, makes a similar attempt at Capra's ideas but can't quite capture the magic of the perennial Christmas classic.

That is not to say the film isn't good, because it is well made and the filmmaker's intentions have merit, but the film as a whole lacks a certain continuity. It comes down to case of good ideas but uneven execution.

Belushi is Larry Burrows, an average Joe who is saddened with what his life has become. Burrows is convinced that his misfortune stems from his striking out in the ninth inning of his high school championship baseball game. The chance to alter that mistake is given by the arrival of Mr. Destiny (Michael Caine), who offers Burrows a life radically different from his current situation.

With the crack of a bat, Burrows goes from being married to his high school sweetheart Ellen (Linda Hamilton) and working as a salesman for a sporting goods company — to being the rich husband of prom queen Cindy Jo (Rene Russo), father of two brats, and president and most hated man in the company. Burrows soon discovers his long-sought after "perfect life" is not what he always thought it

would be, and longs to return to the life he once had.

The structure of the opening of the film, when the background of Burrows' unfortunate ninth inning blunder is explained, is badly done. Belushi's voice-over narration becomes tedious and only delays the progress of the plot. Once Burrows is given his "new" destiny, the film picks up considerably and has some truly inspired moments.

The basis for the story isn't terribly original but writers James Orr (who also directed) and James Cruikshank give some new insight into the dangers of messing with destiny.

"If our life together was so great, why did you want to change it?," asks Burrow's former wife Ellen, who has married someone else and become his chief adversary at the company.

"I guess I didn't realize what I had," Burrows replies.

Belushi gives an engaging performance as the confused Larry, who is caught in a new life full of wealth, but empty of happiness. Belushi's scenes with Jon Lovitz, who plays Burrows' loyal boyhood friend Clip Metzler, are some the best in the film. In fact, they overshadow scenes Belushi has with Mr. Destiny himself. Michael Caine is sorely underused, to a point where he appears for a few moments and them disappears for long stretches of time.

The thing that separates Mr. Destiny from classics like *It's A Wonderful Life*, is the ability to stand the test of time. Long after Mr. Destiny has been thrown into the trash-heap with thousands of other movies, *It's A Wonderful Life* will still be considered a great film.

Despite the best intentions of the filmmakers, Mr. Destiny is nothing more than average. But as Larry Burrows learned all too well, sometimes being average isn't as bad as one might think.

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# Computer virus scare at Doon

By John Volmers

When rumors started spreading about a possible virus in the college's business wing computers, it was discovered that there had been a disk used in the computers that contained a virus.

However, the situation was solved before it caused any problems.

"Basically (a virus) is a program that adds itself on to various parts of the disk and effects programs or changes parts of the harddrive," Wayne Hewitt of computer services said.

Although some computer viruses

are put into a program on purpose, in this case, Hewitt said, the virus was probably not brought in intentionally.

"It came in from somewhere by accident," Hewitt said. Hewitt said he thinks the virus originated in a business student's home computer and was transferred onto his disk. Because the people in the business wing use floppy disks instead of working into the harddrive, the virus couldn't travel throughout the computer system and resulted only in scrambling the data on the student's disk.

"He brought in the disk and it wasn't readable anymore," Hewitt said.

The student was then given another disk to take home and it too returned unreadable. He was then told to find a virus scanning program to clear the virus off his home computer.

Hewitt said that many viruses can be dangerous if they get far enough into a computer system.

"If it's a single-user system it can erase the data on your harddrive."

Hewitt also warned that a virus could "corrupt" a system's entire computer network. He said it was unlikely to happen at Conestoga because users have very limited access to the computer network.

## Pub cancellation questioned

By P. Hohnholz Gesiarz

Terse words were exchanged between Tim Egerdeen, entertainment manager of the Doon Student Association, and student representative Reuben Greenhous at the Nov. 14 meeting of the DSA board of directors meeting.

Greenhous wanted to know why the Oct. 31 Halloween pub was cancelled. He said that according to some sources it was more than poor ticket sales. Greenhous suggested the cancellation had to do with lack of promotion of the event.

Egerdeen replied that he wanted to know who these sources were and said Greenhous had misleading

information. Unsubstantiated information had no place at a directors' meeting, claimed Egerdeen.

The cancellation of the Halloween pub, according to Egerdeen, was due to insufficient ticket sales. Only 70 tickets were sold by the afternoon of Oct. 31.

Egerdeen said the pub was cancelled to save students and the DSA money.

"It happens all the time in the entertainment industry," said Egerdeen. He gave, as an example, the last minute cancellation of a show by comedian Sam Kinison at LuLu's. It was cancelled two hours before the performance.

It was an unfortunate time to stage a pub, said Egerdeen, because many people had mid-terms. Unfortunately the date for the pub was set during the summer.

Student representative Brenda Dooley said that perhaps better promotion was needed for these events. Dooley added that she was not trying to blame anyone for the failure of the pub but rather she was making suggestions on how to avoid the situation in future events.

Shawn Smith, another student representative, said that the DSA should better utilize Spoke and the campus' two radio stations for promotion.

## Increase approved for student fees

By P. Hohnholz Gesiarz

The Doon Student Association board of directors approved a recommendation Nov. 14 that will see \$20 collected from each student over the next five years in addition to their activity fee.

The monies will be contributed to the construction of a special needs elevator in the Doon Centre and will provide a funding basis for "worthwhile projects" such as the planned student centre.

Dan Young, who spoke on behalf of the DSA capital development fund committee, gave various reasons to the board for supporting the motion.

Young stressed the need for students to be responsible members of the college. The approval of the motion indicates to the community that the students support the college's fund-raising initiatives.

Young said that community fund raising ventures are only credible if the college community is seen as being solidly supportive.

The college has committed \$60,000 towards the project. Young's motion would add a \$50,000 contribution from the students over the next three years. The remaining \$140,000 would be raised from external sources.

The elevator is needed, according to Young, to allow greater access to learning facilities.

In addition to this immediate need, Young said it was also necessary to set plans for the future.

The funds will be deposited in a trust fund and will be ad-

ministered by a committee of three students, two alumni and two administrative staff from the college.

After the five period, the extra fee will be reviewed to determine its relevance.

According to Young, \$50,000 will be collected each academic year, in addition to interest received from money already in the trust fund.

Liz Hermle, vice-president of the DSA, and Troy Schmidt, treasurer, made the motion to accept the recommendation. The other members of the DSA executive also supported the motion.

Student program representatives voiced some concerns including the unnecessary burden of paying extra fees and the possibility that present students will resent paying for services they will not receive while attending the college.

John Lassal, president of the DSA, pointed out that the fees were refundable if the student was in financial need.

Nathan Henley, a representative from the journalism program, suggested that the committee look at how other student associations have handled fund raising campaigns with respect to overcoming these concerns.

He pointed to the capital campaign by the federation of students at University of Waterloo in building their pub, Federation Hall, as an example.

The recommendation was approved by the majority of the 40 people attending.

The recommendation now awaits approval from the college's board of governors.



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# Pinning ceremony at Doon campus



Faith Haffner gives the valedictorial address.

(Photo by Karen Morrison)

By Karen Morrison

Doon campus graduate nurses received Conestoga College pins Friday afternoon emblematic of the successful completion of the three-year program.

Class valedictorian Faith Haffner thanked the nursing teachers for their help and encouraged other students to look forward and hang in.

Many awards were presented to members of the graduating class who excelled in their studies while attending the college.

General proficiency in nursing awards included: the Mary-Joe Halliwell General Proficiency Award (\$500), received by Karen Reichert; the Jean O'Leavey Award for Excellence in Nursing (\$200), received by Claudia Weinhardt, and the Dr. Stanley F. Leavine Memorial Award (\$100), to Elaine Zandri.

Bedside nursing awards included: The Myrtle Caswell Snider

Bedside Nursing Award (\$100 and plaque) was given to Joan Holinworth, and the K-W Hospital Nurses' Alumni Association Bedside Nursing Award, went to Mearle Morton.

Academic achievement awards were given to Douglas Hoy and Susan Westwood. The awards were donated by Guelph General Hospital Auxiliary (\$250) and St. Joseph's Hospital Board of Trustees (\$100).

The Alice Ruston Obstetrical Award (\$500) was received by Dawn Kingston, and the Homewood Sanitarium Management Committee Award Psychiatric Nursing (\$150), went to Julia Chatlain.

Four post-graduate awards were presented and included: The Robert Mutrie Chapter IODE Education Committee Award for post-diploma studies in memory of Billie Ziegler (\$100 and certifi-

cate), to Maureen Watt; St. Mary's General Hospital Educational Award for Continuing Education Award (\$150 and plaque) was given to Gabrielle Simpson; the Canadian Howmedica Ltd. Award for postgraduate studies (\$200), to

Lori Salmon, and the K-W Hospital Award for post-graduate studies, went to Karen Bell.

Other awards included: The Registered Nurses Association of Ontario Wellington Chapter Award (plaque) awarded to Beverly MacPherson, and Waterloo Chapter R.N.A.O. (1-year membership in R.N.A.O.) to Ruth McIntyre.

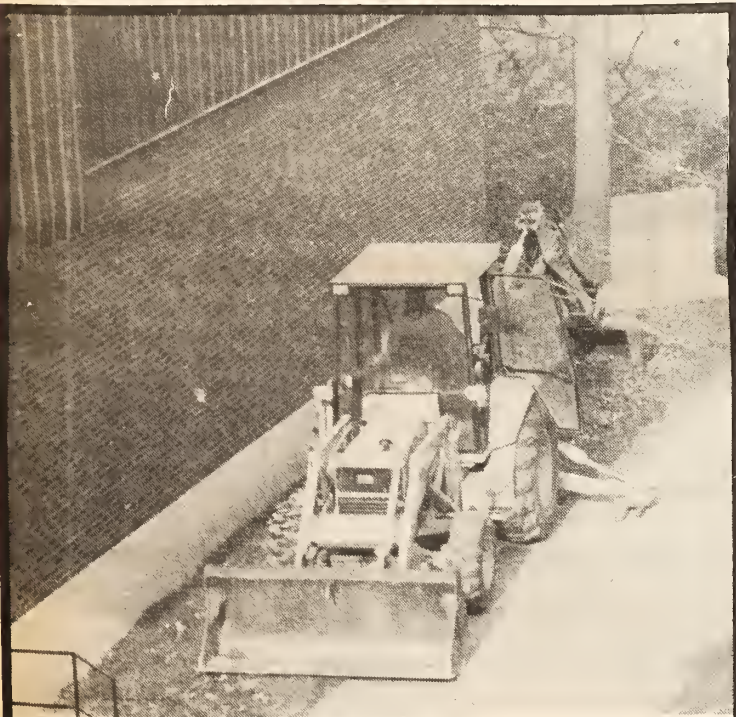
Cheryl Davenport, activities coordinator for the Doon Student Association handed out certificates to those who helped with the event.

Cake was served after the ceremony during a social hour for graduates and a book containing names and addresses of all nursing graduates was also given out.



Dr. Steve Somerton, l, gives Karen Reichert, r, the Mary-Jo Halliwell General Proficiency Award.

(Photo by Karen Morrison)



## Dig!

Contractors work on stairs that will lead to an emergency exit in the generator building.

(Photo by John Volmers)

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# SPORTS

## College team may win hockey title

This is the first (and possibly last) column for the sports section. The opinions expressed in this column are mine and mine alone. But they are the right ones. Remember, sports analysis can not be done by just any fool. It takes a great insight into sports, so I'm going to do it.

**Hockey**  
After losing their top line, am I the only one surprised at how well the men's hockey Condors are doing? Do the Condors actually have a chance at winning the championship this year? I say yes... Why do the Maple Leafs give away good, young hockey prospects to get players with only two years left? Aren't they building for the future?... Most asked question in sports: When will the Quebec Nordiques win?... After the Oilers' tragic slide, only one



**Opinion**  
By Bill Doucet

conclusion can be drawn. Mark Messier means more to the Oilers than Mario Lemieux means to Pittsburgh.  
**Football**  
Since Western was beaten out in the semi-finals for the Vanier Cup, who really cares who wins?... Will the San Francisco 49'ers ever lose?... It would be a shame if No. 1-ranked Notre Dame misses the Orange Bowl because of a loss to No. 19 Penn State...  
I see no reason for this college not having a football team. Even high schools can put one together... I

guess the CFL really hasn't worn out its welcome... Is it a necessity to have an ugly haircut to play for the Argos?

**Basketball**  
Someone should tell the men's basketball team that Wayne Johnson can't carry the offensive output forever... I wish I were a fly on the wall in James Worthy's house when he tries to explain his arrest with a prostitute... How can NBA vice-president Rod Thorn fine the Lakers' Byron Scott \$1,000 for retaliating in a fight with James Donaldson? Would you let someone beat on your face and shrug it off?... Prediction: Michael Jordan and Clyde Drexler will be the players of the '90s... The women's basketball team is a lot

better than its record indicates.  
**Miscellaneous**  
Watching the soccer championship at Conestoga, I wondered what games the referees were watching. I counted three blown calls on one play... How many consecutive years can the women's softball Condors win the championship? I put my money on them for next year.  
Who's going to pay \$2 million for George Bell?... Will Eric Lindros live up to expectations?... If the Blue Jays are so good and Kelly Gruber is the best third baseman in baseball, why did Boston dispose of them so easily?... With all the boasting that goes on before every boxing championship, it surprises me that only a few of these supreme fighters last more than five rounds.

## Basketball Men's team can't win

The Conestoga Condors extended their losing streak to four games after a lop-sided 117-66 defeat against the Humber College Hawks at Conestoga, Nov. 15. Following the loss, the men's varsity basketball team record stood at 1-6.  
High scorer for the visiting Hawks was Patrick Rhodd with 22 points.  
Wayne Johnson led Conestoga scoring with 30 points and was selected Ontario College Athletic's Association athlete for the week Nov. 19-23. Other top scorers for Conestoga were Paul Bauer with 10 points and Jim Harley with 7.

## Women's team loses

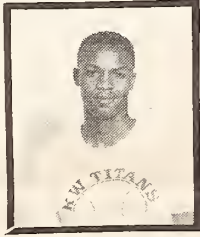
The Condors women's basketball team dropped below .500, losing to Humber College 78-51 in varsity play Thursday, Nov. 15, at Conestoga College.  
Humber led 37-20 at the half and never relinquished the lead, handing Conestoga its second loss in three starts.  
Dhana Clements led the Condors with 15 points. Karen Auld scored 14 points and Tracy Snedden added 12.  
The Condors record was 1-2 as they headed into action Nov. 21 against George Brown College in Toronto.

### Athletes of the week



Dhana Clements

Dhana Clements, a second-year nursing student at the Doon campus, of the women's basketball Condors is the female athlete of the week for the week ending Nov. 17. Clements played excellent defence in the Condor game against Humber and also contributed with seven offensive rebounds.



Wayne Johnson

Wayne Johnson of the men's basketball Condors was named the male athlete of the week for the week ending Nov. 17. Johnson was the major element in the Condor offence in three games last week. He is enrolled in the first-year general business program at the Waterloo campus.

Sponsored by: Projoy Sports

### Intramural team of the week Screaming Eagles - Co-ed Volleyball



Left to Right:

Back Row: Carol Gregory, Barb Kraler, Jo Morgan, Marion Pratt, Sheila Macleod

Front Row: Doug Vanaevrie, Geoff Kroeger, Paul Schmidt, Roger Mainland

Absent: Glen Dodsworth, Bill Gauley, Jack Fletcher

Sponsored By: Mrs. Vanelli's Pizza @ Italian Foods

Conestoga Mall

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Conestoga Mall, 550 King St. N., 746-1742

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November 28  
Men's Hockey: Buffalo State at Conestoga  
8 p.m.  
Recreation Centre

November 30  
Women's Basketball: St. Lawrence at Conestoga  
7 p.m.  
Men's Basketball: Algonquin at Conestoga  
9 p.m.  
Recreation Centre Gym

Free Nooner  
featuring  
Mike Carbone  
Wed. Nov. 28  
11:30 a.m.  
in the caf



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# Survival Guide

## What every college student should know

### Date rape

### It happens more than you think

By Patricia Harrickey and Stuart Dugal

The date with the great-looking guy didn't end with a good-night kiss and a promise to call tomorrow. Instead he raped you.

Statistics show, in 75 per cent of rape/sexual assault cases, the victim knows the assailant. Any woman can be raped, but most victims are between the ages of 15 and 25. In fact, one in four college women can expect to be raped or sexually assaulted.

The Council on the Status of Women says, one in 17 Canadian women is raped and one in five is sexually assaulted. In Canada, a woman is raped every 29 minutes and one is assaulted every six minutes.

The date rapist acts on the assumption he has the right to have sex with the woman because he bought her dinner or was invited into her home.

He may claim the victim was "leading him on" or was "asking for it", especially if the woman had been sexually intimate with him previously.

Carol Gregory, a counsellor at Student Services and a member of Conestoga College's newly formed date rape committee, said the issue is one that must be addressed on campus.

"It's happening. Students have come in with this and asked are there any facilities to help," she said.

Sexual assault doesn't mean penetration. Many victims are not aware they can call what happened an assault.

The Department of Justice's definition of sexual assault is "the intentional use of force on another person against his or her will or, to threaten to do so."

Date rape has the lowest reporting rate of one per cent as women often blame themselves when as-

saulted, especially when it's someone they know.

"The woman feels guilty. It was her own judgement since she chose to be with this person. This adds to the fear that she will not be believed," Gregory said.

Date rape can be more psychologically damaging than an assault by a stranger. The victim loses her own sense of trust in friendship and in her ability to judge. Feelings of guilt, disbelief, low self-esteem and fear are intensified.

Gregory said these feelings are normal. "Date rape is as horrible crime as any. It is important to talk about it and deal with it."

She said healing is a process taking time and victims must remember it was not their fault.

"No means no in any situation and nothing a woman can do deserves rape."

Gregory said awareness is the best defence against date rape.



Photo by Stuart Dugal

Be aware it could be a date or friend who takes advantage of you.

Listen to and trust your feelings of intuition. When a situation begins to feel uncomfortable, act on it.

Be assertive and look out for yourself, even if it means offending someone you care about.

Be aware alcohol and drugs lessen your ability to judge.

Be active and strive for equality in a relationship.

## Don't give up hope, here's the dope on how to cope

By Robert W. Maddox

Coping is something everyone must do.

Students don't drop out of school because of stress, tension, and anxiety, they leave school because they were unable to cope.

Sharon Snooks, a second-year

social services student, said she doesn't let pressure build up, instead she deals with it quickly. Her coping methods vary from simply talking to friends to having a good cry.

Snooks doesn't think alcohol is a good way to cope. "Drinking alcohol," Snooks said, can cause "a

lot of trouble" because it's addictive and doesn't solve problems.

Madeline Roy, a first-year early childhood education student, said playing tennis, lifting weights and exercising helps her cope with stress. Roy said when she was young, she "... bounced a tennis ball off the wall" to feel better.

The authors of *Abnormal Psychology and Modern Life* state a stressful person is confronted with two challenges: to meet the requirements of stress and to protect the self from psychological hurt.

People approach stress by using either a task-oriented method (which removes the stressful problem) or a defence-oriented method (which avoids the problem and

protects the self from hurt).

Task-oriented coping, which is the better method, changes a stressful environment to a less stressful one. This coping method can be overt, such as showing one's lover more affection, or covert, such as lowering one's expectation.

Defence-oriented coping protects the self from hurt. This method avoids stress by doing something which gives pleasure and enjoyment, like playing sports.

Different types of defence-oriented coping are:

Repression, (selective forgetting) "I don't remember that accident which killed my best friend."

Emotional Insulation, (reduces emotional involvement) "I won't

ask that girl for a date because I know she'll say no."

Intellectualization, (a painful event is avoided by a rational explanation) "I should be less selfish and more caring to others."

Regression, (returning to old coping methods) "Do you remember the great time we had when we were kids?"

Denial of Reality, (only under extreme conditions) "This isn't really happening to me."

Coping patterns are designed to deal with inner hurt, anxiety, and self-deception. And this distortion of reality may hurt the person in the long term.

Reading material on stress management is available in the Student Services office 2B12.

## Looking for Mr. Right . . . now

By Kim MacLaren

The biological clock is ticking at a horrendous pace for women, but in their quest for "Mr. Right", should they settle for "Mr. He'll Do?"

Dating can be an added pressure often requiring a substantial amount of patience. It is simply too frustrating.

The thought of getting to know another person over again, with all the little quirks and idiosyncrasies, not to mention the incorporation of routines . . . could send a woman walking down "Lonely Street." Maybe running.

Women were brought up to believe one day they will be joined in matrimonial bliss. It is a common goal, not unlike our ancestors centuries ago. The goal becomes

difficult to attain when it's only one-sided.

Most men fear the big, bad "C word," (commitment that is) and "check out" when it rears its ugly head.

There is an underlying reason for dating . . . most often it's find a mate to live with or at least tolerate, "till death do us part."

Forever and ever is still negotiable.

Dating isn't what it used to be. In the '70s and '80s, conversation consisted of marriage, houses and children. Dominating that conversation today is condoms and "Can I see your clean bill of health?"

Since condoms are the rage, they are now making them into jewelry! Just pull your earring off, and "Voila!"... instant condom.

It's rather handy to have been blessed with two ears. Now that's convenience . . .



Photo by Robert W. Maddox

### Survival Guide

This insert produced by Journalism 2 students.

Clockwise, from front: Robert W. Maddox, Lyn McGinnis, Stuart Dugal, Kim MacLaren, Kingsley Marfo, Sarah Jane Paterson, Valery Heiler, Patricia Harrickey, Nate Hendley, Stewart Shutler, Lisa Davies. Back, from left: Doug Reeve, Jayson Hunt, Stephen Uhler.

Absent: Katherine Hayes, Shawn Glick

Publisher: Sheila Hannon

Co-editors: Kim MacLaren, Robert W. Maddox

Copy editors: Jayson Hunt, Stephen Uhler

Assignment editors: Katherine Hayes, Patricia Harrickey

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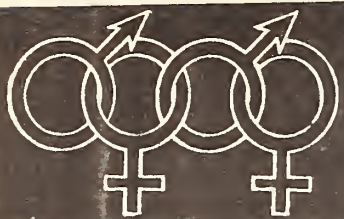
Production: Shawn Glick

Layout: Lyn McGinnis

Headline writers: Nate Hendley, Stewart Shutler

Photographers: Lisa Davies, Sarah Jane Paterson, Stuart Dugal, Robert W. Maddox





# Survival Guide

## Legal drug abuse: nobody cares

By Stephen Uhler

The abuse of socially accepted drugs is often overshadowed by the glamour, mystique, and hype of heroin, hash, and cocaine.

Marilyn Fischer, a nurse at Conestoga college, said she is not aware of students abusing tobacco, coffee, or amphetamines and barbiturates, but a lack of recorded numbers doesn't mean there isn't a problem. These drugs appear everywhere under many names, and people must be aware of them and their effects.

Amphetamines, known as "uppers", "beans", or "speed", are stimulants. Under the brand names of Benzedrine, Dexedrine, and Ritalin, "pick-me-ups" are used to avoid sleep while studying.

Amphetamines, which can also be injected, affect the brain, heart, lungs, and other organs. Along with an energy boost, a user becomes aggressive and hostile. Heart failure, stroke and high fever can occur as a result of am-

phetamine overuse. Long term effects include schizophrenia like behavior, and a tendency towards sudden violent acts. Low grade amphetamines contain fillers that don't dissolve, which can result in kidney damage, lung problems and strokes.

Physical addiction and tolerance develops, so one has to use more in order to get the desired effect. Withdrawal symptoms include irritability, fatigue, depression, and long but disturbed sleep.

Barbiturates are sedatives, also known as downers. Under brand names such as Nembutal, Luminal and Seconal, these drugs relax and encourage sleep. Higher doses create effects like drunkenness.

These drugs are lethal when mixed with alcohol, tranquilizers, antihistamines and opiates. With regular use, tolerance develops, and the risk of overdose increases. Barbiturates are both physically and psychologically addictive, and withdrawal symptoms range from restlessness and anxiety to

delirium and convulsions.

By far the most popular drug is caffeine, found in coffee, tea, chocolate, cola, headache pills,

and "stay-awake" tablets.

It's a quickly acting stimulant that works in five minutes. Large doses interfere with sleep, cause headaches, convulsions and delirium.

Caffeine is physically addictive. A lack of coffee can make one irritable and develop headaches. The long term effects are still not clear, as current studies contradict one another.

Tobacco is a socially accepted drug, which is killing thousands annually through smoking related illnesses like heart disease and lung cancer.

It is also very addictive. Withdrawal symptoms include irritability, anxiety, restlessness, and headaches.

The decision to use drugs is ultimately up to the individual. All people can do is educate themselves and make intelligent decisions.



Photo by Stuart Dugal

## When the party's over

By Jayson Hunt

You don't have to be a fall-down drunk to have a problem with alcohol.

According to the Addiction Research Foundation (ARF) in Kitchener, six to 12 per cent of the population, or about 800,000 Canadians, have long-term drinking problems. Others have occasional bouts with alcohol over-indulgence and don't realize binge drinking can be a problem.

Waterloo Region currently has an estimated 7,655 alcoholics. For every 1000 students at Conestoga College 32 have drinking problems, according to the ARF.

Robert Murray, co-ordinator for the drug and alcohol assessment service at ARF, said many al-

coholics tend to deny they have a problem. Not everyone needs a detoxification centre. Therapy may work for some. Others may need a support group like Alcoholics Anonymous. The Addiction Research Foundation helps people become aware of their problem and offers treatment best suited to their needs. "It gives people some idea of their relationship with alcohol", Murray said.

The Addiction Research Foundation, 639 King St. W., Kitchener, serves residents throughout the region. Despite an increased awareness of alcohol related problems, Murray says it's still the number-one health hazard. For more information on alcohol or drugs contact the alcohol and drug assessment service at 579-3550.

## Parents as students

By Stewart Shutler

There have been many stories written about pregnancy affecting the high school student. But there have not been many follow-ups about college students with small children.

Single-parent students face many possible problems, such as day care and money.

Second-year nursing student Elizabeth Adshade, 26, a single-mother of a three-year-old girl and a two-year-old boy uses the day care at Conestoga College and likes it.

Adshade said she wants day care to open earlier. That is the wish of other nursing students who have children, as well.

The Doon campus day-care centre opens at 7 a.m. but on Wednesdays and Thursdays, Adshade has clinical studies at 6:30. To work around this, her sister brings the children to the centre on those days. Adshade said she likes college day care because it has viewing rooms

where the parents can watch their children play. "It's wonderful. It's the best in Ontario."

Adshade said she wasn't a single parent when she entered the course, but after having children, she needed financial aid. Adshade was on General Welfare for three months, and Mother's Allowance.

Adshade, originally from England, said Mother's Allowance really helps. "The system in Canada is wonderful. It's too bad it gets abused sometimes."

One area in her course that doesn't accommodate parents is clinical class. If any nursing student misses more than two days, they could be kicked out. This would be hard if the children were sick and parents had to stay home.

Jokingly, Adshade said, "I just tell the kids not to get sick on Wednesdays and Thursdays."

Adshade said she knows a lot of single parents in the nursing course. "I would estimate half the female population at Conestoga College are single parents."

## Are you sexually oriented?

By Lyn McGinnis

*What is the cause of your heterosexuality? When did you become a heterosexual? Isn't it possible you just need a good gay lover? Why are there so few happy heterosexuals? Why do you insist on making such a spectacle of your heterosexuality, can't you just keep quiet about it???*

Turning common questions about sexual orientation around reveals how silly they are. But these silly questions have very serious concerns behind them.

As a bisexual, I knew the confusion, hurt and fear of growing up in a world hostile and contemptuous of what was a natural and integral part of myself.

As a white, Anglo-Saxon, Protestant male, I had no preparation for discrimination. It was a revelation.

Having absorbed the messages

of society, hetero-sexuality was the only option. I felt empty and cut off from my friends and society. Once overcoming self-doubts, the next hurdle was possible rejection.

This remains the greatest stumbling block to many men and women "coming out." While non-conformity is difficult and uncomfortable, conformity at the price of a lie is unbearable.

A sexual being is a sensitive and alive human being.

This makes being honest and open very important. Living with alienation, rejection, isolation, self-doubt, and self-loathing, can wound a person to their very core. Seeing friends blinded by prejudices and viewed as monsters instead of people, may keep many "in the closet" for years.

Everyone of any sexual orientation has the right to integrity and

honesty to themselves and others.

There is no miracle drug to cure sexual orientation. It will continue to evolve and develop all a person's life without substantial change.

But there is a cure for ignorance and fear by gay and straight people confronted by this issue.

Minorities find themselves at odds with the assumptions of the majority. These defined minorities include women, people of color, various religious, cultural and linguistic groups, as well as gay people.

All must re-define themselves without the benefit of invisible and anonymous norms and taboos.

They discover, in their quest for self-respect, the "idea system" of the majority is based more on unexamined beliefs than rational ideas.

For the sexual majority,

heterosexual imagery is common and invisible. The endless sexual cultural messages serve only to alienate and isolate gays, lesbians, and bisexuals.

Why are people frightened by diversity? Some would rather punish or change those seen as different rather than learn from them. But the cause for hope is knowing words like this can now be written with no fear of punishment.

There are many people who have taken the plunge and survived, often surprised at how understanding and well-informed their friends and family can be.

Someone who is honest and accepting of themselves is far more likely to find acceptance from others.

The cause of heterosexuality, homosexuality and bisexuality are the same. It is part of the mysterious wonder known as

humanity. It has existed and always will.

The opportunity is to grow beyond the insecurity of the few differences between us and to the many similarities we all share.

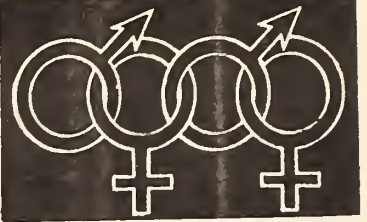
There are many supports available on and off Conestoga College for dealing with personal issues such as this.

In Student Services, counsellors are available. Just go to the office and ask about personal counselling.

There are organizations in the K-W and Guelph area for people wishing to informally meet others with similar interests and concerns. "Gay Liberation of Waterloo" (GLOW), offers peer counselling and information about local events, at 884-GLOW. The Guelph Gay and Lesbian Equality office has a similar line, 836-4550.



# Survival Guide



## La facts of life

By Nate Hendley and Doug Reese

An atypical conversation between two Conestoga "dudes" waiting for drinks and a good time at the college pub.

"Hey, I didn't know Conestoga had so many great looking women," Jack said.

"Yeah," Joe said. "Wait till you get a look at our foxy waitress. Flag her over would ya."

"Hi boys. I'm Sue, Ready to order." "Yup."

Taking a pad and pencil from her pocket, Sue asked "What'll it be?"

"Two beers, a plate of wings, and breakfast at my place," Jack said, trying to be charming.

"How do you know I'm not married?" Sue asked, glancing up from her book.

"Most college women aren't," Jack said, priding himself on a little common knowledge.

"That's true," she said. "Did you know in 1971, about one in five 19-year-olds were married. Today, it's about one in ten."

"Oh really?" Jack said. "I didn't see a wedding ring on your finger, so how about a date and...?"

"No."

"Twenty-five years ago at the University of Western Ontario, showed one in three males and 15

per cent of female students said that they had intercourse."

Jack shuddered, "Only a third?" he said trying to find a more comfortable way to sit. "That's not good."

"Cheer up," Sue said, placing a hand on her hip. "A survey eight years ago said eight in 10 men and seven in 10 women said they've had intercourse before turning 21."

"Oh Yeah," Jack said, lifting his head counting women who looked under 21

"You shouldn't be a waitress," Joe said, embarrassed. "You should be working for Stats-Can."

"Maybe I do," Sue said.

"uhhhhhh."

"And while your on the subject of sex," she said, "in

1975 a survey showed only one in 10 College women used no birth control at all."

Snicker,snicker "On the subject..." Jack said, "get it?" he said poking Joe in the ribs.

"Knock it off," Joe said. "I'm listening to what she's saying."

"Did you gentlemen, and I use that term loosely, know that I was on the pill?"

"Better you than me babe. Besides I hate using a condom," Jack said trying to sound impressive. "I'm a nature boy, plain and simple."



"You'll be dead Tarzan, because having unprotected intercourse with someone you don't know is like taking a gun to your head. Times have changed boys. Conestoga has all that information; so ask for it. It sure beats waiting for 'la goddess'."

Sue said, "wink wink, nudge nudge, know what I mean, know what I mean?"

"Hey I came here for food and a drink not a surmon from Mother Sue on a Stats-Can mission," Jack said. "Where's our beers?"

"Sure boys, coming right up," Sue said, leaving to get orders from three new customers.

"You know... Maybe Sue's got a point," Joe said. "Maybe it's not such a bad idea to get to know who're sleeping with."

"Come to think about it," Jack said scratching his head. "This AIDS thing may be the reason my social life... you know... doesn't exist."

"Maybe," Sue said, setting two beers on the table. "Thanks," Joe said.

"Yeah, Thanks," Jack said reaching for a beer.

"Look," Joe asked, making sure he had Sue's attention. "Thanks again for telling us all those things."

"No problem," Sue said.

"I was wondering... if you'd like to... talk later when you get done your shift," Jack asked. "I'd like to hear more about what you have to say."

"... maybe," Sue said, "we'll talk about it."

## Dildoes, dolls and other delights are in high demand

By Shawn Giiilck

With the prevalence of so many sexually transmitted diseases today, it could be said the only safe sex left, is with yourself. Fortunately, the sex toy industry is alive and well.

The Stag Shop, 7 King St. N., Waterloo, has many articles to be goggled at.

Carrie Waekens, shop clerk, took a bemused attitude toward the merchandise and is willing to take a

browser on a tour of the shop's erotic inventory.

Tucked discreetly away on a bottom shelf are top-selling items, inflatable dolls, ranging from \$29.99 to \$189.99. Waekens said she sells at least one a day, mostly to men. The dolls come in a variety of shapes, sizes and appearances.

Vibrators are the second hottest item. Equipped either with batteries or cords, there is a sufficient variety of sizes, colours and shapes to suiteveryone's taste.

The male masturbation kits, or

male pumps, as Waekens politely refers to them, are another popular item. Merchandise is laid out in a tasteful manner: the edible underwear, for both males and females, and condoms.

Another interesting item is the Sensual Stimulation Kit. This includes a vibrator with an assortment of attachments. The Stag Shop also carries a variety of lotions and body paints with intriguing names such as Emotion Lotion, Geisha Gel and Joy Jelly.

Hidden behind the counter is the

more unusual inventory: aphrodisiacs, flavored condoms and French Ticklers. Waekens said the shop used to sell genuine Spanish Fly, but it was a health hazard and the owners had to discontinue selling the product. According to Waekens, most of the shop's customers are male, accounting for 52 per cent of sales. Women do come in to shop, but have a tendency to purchase either lingerie, or less outrageous items.

The male customers, on the other hand, are much more likely to pur-

chase the big ticket items such as the inflatable dolls. Waekens said most of the purchases are made as "gag gifts" rather than as serious collectibles.

As you can see, the sex toy industry is hardly something to be sniggered at in a dark corner. It's indeed possible to derive some entertainment and income from sex.

Shall we say plastic sex is the wave of the future for the health-conscious?

## Sexual offenders can be anyone

By Lisa Davies

Sexual abuse is common to children of every class, culture, race and religion.

According to The Courage to Heal, the authors state one in three girls, and one in seven boys are sexually abused by age 18.

All family members are common abusers.

As well, grandparents, neighbors, teachers, and strangers are also abusers.

Statistics from the book reveal the majority of abusers are men.

Young children and teenagers are abused in ways which are not obvious, such as:

- touched in sexual areas.
- shown sexual movies or forced to listen to sexual talk.
- made to pose for seductive or sexual photographs.

- subjected to unnecessary medical treatments.

- forced to perform oral sex.

- raped or otherwise penetrated.

- made to watch sexual acts.

- bathed in ways that felt sexually intrusive.

- involved in child prostitution.

Jane, (not her real name) now 16, was 12 when she was sexually molested by her next door neighbor while babysitting. When asked if she understood what was going on at the time, she said she thought he cared about her. It wasn't until she was 14 that she realized she was a victim.

She and her family have seen approximately 23 counselors. Jane said she found herself involved with drugs, running away from home, in trouble with the law, and later, suicidal. It took Jane a long time to trust men but now she's

moving ahead. "I really have to get to know them first," Jane said.

She advises other assault victims to tell police, children's aid, and to seek counselling.

Jane says her life is finally looking up and she is eager to help other victims.

Sexually abused victims can contact the Waterloo Region Social Resources Council, Suite 214, Waterloo Town Square, Waterloo, N2J 1P2.

The number to call is 884-4670.

They will give you access to the Youth Services Directory.

The Help Line 745-1166 or 653-2000 (confidential listening)

9 a.m. to midnight Monday thru Thursday and anytime on weekends.

A 24-hour distress line, is Telecare 658-6805.

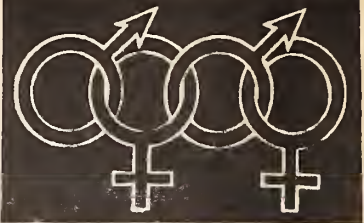


Conestoga nurse Marilyn Fischer displays birth control methods in Health Services. Condoms are Free!

Photo by Lisa Davies



# Survival Guide



## Abusive relations

By Katherine Hayes

"People don't realize that you don't have to be hit to be suffering abuse in a relationship. You can be emotionally and psychologically abused, too."

Lou Murray-Govert speaks from experience gained as a volunteer for Anselma House, a shelter for battered women in Kitchener.

The Ontario Women's Directorate states emotional and psychological abuse can be "just as harmful" as physical and sexual assault.

People often stay in unhealthy relationships because they think abuse is naturally part of a relationship, explains Murray-Govert.

"It's easy to get lost in excuses and apologies. There are a lot of conflicting feelings when you think you're in love."

Anselma House has a list of questions that might prove helpful in analyzing relationships.

- Is your partner extremely possessive?
- Do they want sex with little attempt at warmth or affection?
- Do they criticize you constantly?
- Do they often tease you until it really hurts?
- Have they ever struck you?
- Do they embarrass or humiliate you in front of others?
- Do they defend themselves by accusing you of being too sensitive, or unable to take a joke?
- Do they insist on making decisions?
- Do they deny you access to money?
- Do they try to restrict your freedom to go out with others, or to do things that don't include them?
- Do they like to scare you, for

example by driving too fast?

- Do they insist on sex after you've said no?

- Do they make you feel responsible for the way they behave, suggesting that you provoked the abuse?

- Do they threaten suicide if you leave them?

Answering yes to any of these questions indicates some level of abuse in the relationship.

According to Anselma House, all forms of abuse are a means of seeking control and gaining power.

Hurting, humiliating or frightening someone, breaks down their sense of security and self-esteem. That makes them easier to control.

Murray-Govert says abusers have some very believable excuses for their behaviour. For example:

- Their jealousy and possessiveness show how much they love you.
- You provoked them, so you deserve it.
- You're stupid, fat, ugly, or whatever and they're just being honest. (Your self-esteem is so low that you believe it.)
- They didn't really mean it, they were "out of control" or drunk.
- They need you to help them change and to stop abusing you.
- They need you so bad, you are together regardless of how unhealthy the relationship is. If you are in an abusive relationship, and need help getting out, the first thing to do is to talk to someone you trust. If family or friends can't help in your situation, call the Help line at 745-1166, the sexual assault Crisis lines at 741-8633 (Kitchener) or 658-0551 (Cambridge), Anselma House at 742-5894, Telecare, a 24-hour distress line at 658-6805, or Student Services.



Joan Magazine co-ordinator of student services helps students with problems.

Photo by Lisa Davies

## Counselling helps in many ways

By Sarah Jane Paterson and Kingsley Marfo

Students go to counsellors at Conestoga College for many reasons. They may be feeling unhappy or may have problems affecting their studies or life.

"Just come in and talk to someone," encourages Joan Magazine, counsellor and co-ordinator of student services at Doon campus.

All five Conestoga campuses have counsellors who provide confidential help free of charge.

An estimated 375 students went for help with personal problems at student services at Doon campus last year, Magazine said. Many students don't even know counselling is offered.

Counsellors help with problem-solving, finding alternatives, listening to students' feelings and giving feedback.

When necessary, the student will be referred to a community agency for further assistance. Some of these agencies are Inter-faith Pastoral Counselling, Catholic Family Services and K-W Counselling.

A survivor of sexual abuse may be referred to Com-

munity Justice Initiatives. A student with drug or alcohol problems may be referred to the Young Adult Substance Abuse Clinic.

"We are getting more and more students coming in identifying some sort of sexual abuse," said Magazine. "This is a very serious issue. And the first step in talking about this can be very difficult."

Date rape, sexual harassment, emotional or physical abuse are common problems.

Magazine said students also come in for help with relationship issues such as family problems, Magazine said. A student may have been kicked out or left home because of family conflicts.

Although suicide is not a common problem at student services, Magazine said some students say they've thought about suicide.

"Sometimes the student comes in and it's not a particular issue, they're just feeling down," Magazine said.

Students can drop in or phone for appointments. For information, call Doon campus at 748-5220, ext. 360. Office hours are 8 a.m. - 4:30 p.m. Students usually see counsellors the same day.

## Love may not last... but STDs can be forever

By Valery Heiler

Sexually transmitted diseases have not taken a back seat to AIDS. They are difficult to discuss and many do not know where to turn when the fear of Sexually Transmitted Diseases (STD) have been contracted.

Here are four common STD's and information to obtain confidential help.

Syphilis is a serious disease that effects the entire body. It is transmitted by any type of genital, anal, or oral sex with an infected person. The first symptom is a painless sore; the second stage occurs weeks later in the form of a body rash. While the disease seems to disappear within six months, it is present in your body and can cause brain damage and heart disease.

Antibiotics are very successful in curing those infected but it is often necessary to have follow-up blood tests to be sure the disease is eliminated. In 1989 there were 19 cases reported in the Kitchener area.

Genital herpes is an infection

caused by a virus similar to the one that causes cold sores. Genital herpes is almost always transmitted through sexual contact.

Herpes can cause blister-like sores on or around the genital area. The painful sores heal without scarring in one to two weeks. Repeat episodes tend to be less painful and heal faster.

At present there is no medical cure but with the help of your doctor it can be controlled. There has been a lot of hype about herpes, most of it exaggerated. Herpes is a nuisance, but it is not life-threatening. There were 141 new cases reported in 1989.

Trichomoniasis is a very common vaginal infection caused by a germ generally passed from one person to another during sex.

Trichomoniasis is not dangerous, but it can be very uncomfortable and cause vaginal discharge, itching and a burning sensation while urinating. It should be treated with a drug called Flagyl.

It is important to have your partner treated or you will be reinfected. Men have no symptoms but

they can pass on the infection to their sex partners.

Crabs are lice that live on people. Most often infesting the hairy part of the body. Crabs or pubic lice are small but can be easily seen and diagnosed.

Crabs can be eradicated at home with preparations available without prescription from a pharmacist. A thorough cleaning of clothing and linens is necessary.

There are two public clinics in the Kitchener-Waterloo area and OHIP is not needed.

Cheryl Opolko, the STD clinic co-ordinator for the Waterloo Region health unit, urges people to come to the clinic. "It's hard for people to attend but is one of the best places to go and those who get up the courage to come here are glad they did."

The Kitchener clinic is located at 850 King St. W. (747-7357) and is open 4-6 p.m. Monday, Wednesday and Friday. The Cambridge clinic is located at 150 Main St. (621-6110 and 653-4244). The clinic is open Fridays from 12:30 p.m. to 1:30 p.m.

